

# Faltering Growth

## Faltering Growth is defined as:

- >10% weight loss from birthweight
- Birthweight not regained after 3 weeks
- A fall across 1 or more centile, if birthweight <9<sup>th</sup> centile
- A fall across 2 or more centiles, if birthweight between 9<sup>th</sup> and 91<sup>st</sup> centile
- A fall across 3 or more centiles, if birthweight >91<sup>st</sup> centile
- Current weight is <2<sup>nd</sup> centile
- BMI under 0.4<sup>th</sup> centile (in children >2 years)
- Length or height centile more than 2 centile spaces below the mid-parental centile

## Plot growth on WHO UK growth chart

[<https://www.rcpch.ac.uk/resources/uk-who-growth-charts-0-4-years>]

Measure length, determine mid-parental height centile if possible. (Instructions for calculation are on UK WHO growth charts)

## Clinical, Developmental and Social assessment

Systems Examination. Look for dysmorphic features, oedema, murmurs, dehydration, cleft palate. Look for signs of maltreatment or underlying disorder.  
Is there a concern? Rapid weight loss, Rapid fall in centiles or Severe undernutrition? Unexplained Short Stature? Persistent GORD?

YES

NO

### RED FLAGS

**Vomiting**  
(Distinguish from posset)  
Consider UTI or pyloric stenosis

**Cardiac Concerns**

Admit same day via Paediatric on call

< 3 months

Referral to Paediatric Assessment Unit via the Paediatric Consultant Advice line on: **07973742812**

>3 months

Refer via RMS General Paediatric Clinic and to Dietitians [LINK]

### Detailed feeding/Eating history:

- Breast attachment/Bottle preparation
- Frequency, duration, quality and tolerance (Calculate mls/kg per day)\*
- Environment & Parent-infant interactions
- Consider GORD [LINK]

- **Refer Paediatric Dietitians** [LINK]
- Ensure that parents/carers have adequate feeding support from Midwife/Health Visitor/School Nurse
- Consider social factors such as feeding environment, regular eating schedules and food choices, food or feeding aversion (in older children)

To ensure catch up growth and minimise excessive weight gain, monitor weight/length but no more than:

- Daily if < 1month
- Weekly if 1-6 months
- Fortnightly if 6-12 months
- Monthly if >1 year

\*Calculate typical 24 hour intake: Amount in oz x 30 = amount in ml. Divide by weight = ml/kg/day.  
Total feed volume should be 150ml/kg body weight over 24 hours (6-8 times a day).

**References:**

Faltering Growth: Recognition and management of faltering growth in children NICE guideline [NG75] Published 27 September 2017

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